

In Myalgic Encephalomyelitis defined by the International Consensus Criteria (ME-ICC 2011), a “crash” is the result of Post-Exertional Neuroimmune Exhaustion (PENE). It occurs after physical, cognitive, emotional, or sensory exertion that exceeds the body’s limited energy capacity.

Symptoms of a ME-ICC Crash may include:

Neurological / Cognitive. ALL AT ONCE

- \* Inability to think clearly (“brain fog”)
- \* Difficulty forming words or speaking
- \* Short-term memory loss
- \* Inability to focus eyes or process visual information
- \* Hypersensitivity to light, sound, touch, or movement
- \* Head pressure or severe headache
- \* Feeling mentally “shut down” or disconnected

Neuromuscular / Motor

- \* Shaky or trembling hands
- \* Loss of fine motor control (difficulty writing, holding objects, buttoning clothing)
- \* Muscle weakness or heaviness
- \* Inability to lift arms or hold the head up
- \* Coordination problems or unsteady movement

Energy Collapse

- \* Extreme exhaustion not relieved by rest
- \* Sudden loss of physical strength
- \* Feeling as though the body has “run out of fuel”
- \* Inability to sit upright or remain active

Autonomic Dysfunction

- \* Dizziness or near-fainting when sitting or standing
- \* Rapid or irregular heart rate
- \* Low blood pressure
- \* Temperature dysregulation (feeling very hot or very cold)

- \* Sweating abnormalities

Immune / Flu-like

- \* Sore throat

- \* Tender lymph nodes

- \* Flu-like malaise

- \* Increased inflammation or body pain

Cardiovascular

- \* Chest discomfort or pressure

- \* Palpitations

- \* Reduced blood circulation causing cold hands and feet

- \* Worsening of existing heart dysfunction

Sensory and System Overload

- \* Inability to tolerate conversation, noise, or light

- \* Need for complete darkness or silence

- \* Feeling overwhelmed by normal sensory input

Timing of a Crash

- \* Can occur immediately after exertion

- \* Often delayed by 12 - 72 hours

- \* Recovery can take days, weeks, or longer

A key feature of ME-ICC crashes is that even minor activity such as thinking, speaking, sitting upright, or holding a conversation can trigger or worsen symptoms.

An ME crash, as described in the International Consensus Criteria (ICC 2011), is far more than ordinary tiredness or “fatigue.” It is a pathological worsening of symptoms caused by even minor physical, cognitive, emotional, orthostatic, or sensory exertion. The hallmark feature is Post-Exertional Neuroimmune Exhaustion (PENE), where the body and brain lose the ability to produce sufficient energy normally. During a crash, symptoms can intensify dramatically and may include profound weakness, heavy limbs, cognitive dysfunction (“brain fog”), slowed thinking, pain, sensory overload, flu-like feelings, dizziness, unrefreshing sleep, autonomic dysfunction, and worsening neurological symptoms. Recovery is often delayed and disproportionate to the activity that triggered it, lasting days, weeks, or longer. In more severe cases, patients may

become temporarily unable to speak, sit upright, tolerate light or sound, or perform basic self-care. The ICC emphasizes that this response reflects underlying neurological, immune, autonomic, and energy metabolism dysfunction — not deconditioning or lack of motivation.

<https://onlinelibrary.wiley.com/.../j.1365-2796.2011.02428.x>

<https://www.facebook.com/groups/347665639177551/permalink/1927968744480558/>  
?

[#NightingaleContinuum](#)

[#GAMEICC](#)